

Borgess Health & Fitness Center
3025 Gull Road
Kalamazoo, Mi 49048
(269)552-2348

**State of Michigan employees receive
25% off regular initiation fee
(\$199 – 25% = \$149)
plus 1 hour of personal training and
a complimentary health and lifestyle assessment.**

As southwest Michigan's most comprehensive exercise, nutrition and rehabilitation facility Borgess Health & Fitness Center (BHFC) offers medically based fitness and wellness services tailored to meet individual goals. BHFC has a broad selection of offerings including group fitness classes of varying intensity levels, exercise programs for people with arthritis or other special health concerns and gentle introductory classes for beginners.

Facility highlights include:

- Cardio Equipment
- Free Weights
- Group exercise studio
- Indoor track
- Warm water pool
- Sauna
- Outdoor soccer & tennis
- Fit-To-Go Sport Shop
- Health education classrooms
- Stay 'n Play child care
- Selectorized weight equipment
- Exercise entertainment system
- Spinning studio
- Lap pool
- Whirlpool
- Fully equipped locker rooms
- Fitness evaluation lab
- Light Hearted Living Café
- Indoor basketball, volleyball and racquetball courts

www.borgess.com